

## FENCING – CIRCUIT

### Quick introduction

This can be used as an individual tournament.  
The highest score on the circuit wins. This could  
also be used as an individual ladder.

### Getting started

- Place groups of three or four participants at each station. Allow specific time (e.g. one minute) for each person to do exercise.
- Blow whistle to start and stop and change over.
- When every fencer at a station has recorded a score for that exercise, the groups move round to the next station.

### Think tactics

How can you pace yourself  
around the circuit?



# FENCING – CIRCUIT



## Fence for three hits

- Fencers fence another fencer for three hits. Record who wins.

## Catch the bag

- Partner stands on a bench to the side of the fencer and drops a bean bag directly in front of the fencer, fencer has five attempts at catching the bag with a thrust (arm extension only) and five attempts with a lunge (arm extension with lunge from front leg). Exercise is repeated with the partner standing on a bench behind the fencer and drops the bag over the fencer's head in line with their arm.

## Balance the foil

- Place the end of the handle in palm of hand; see how long you can balance the foil using only fencing steps. Score = length of time in seconds the foil remains upright (teaches balance and co-ordination, practises fencing steps). Modification: try this with the point in the palm of the hand or balance the foil using two fingers only. This is done using the palm of the hand and the back of the hand or using a foil. Modification: have two lines of hoops.

## Stab the bag

- Partner wearing mask (for safety) drops beanbag from a height against a wall, fencer must pin bag to wall with thrusting action. Can have more points if hit in certain zones, or simply score a point for each time the beanbag is pinned to wall by foil. Modification: Do this at lunging distance (speed and timing, practises thrust and lunge).

## Lunge at the target

- Fencer has five goes to hit centre of target for maximum points, hits on inner or outer score less. Record total score from five hits (teaches agility, practises lunge).

## Beam/bench balance

- Using the 'on guard' stance (see front of card) the fencer advances (steps forward) and retires (steps back) on a gym bench (not looking down!); helper at hand to steady if fencer loses balance. A point is scored for each pass without losing balance. Alternative/Modification: a low beam and/or line on the floor (balance, fencing steps, strength and conditioning). If using a narrow beam place mats around the bench.

## Bat the bag

- Partner lobs beanbag towards fencer who must knock beanbag into one of two hula hoops placed on floor. This is done using the palm of the hand and the back of the hand or using a foil. Score is number of beanbags inside hoops in time allowed (reaction time, agility, co-ordination, practises controlled parrying action). Modification: have two lines of hoops. The fencer travels up and down the centre, parrying the bags on the move

## Raise the foil

- Fencer holds foil vertically at tip. Using only fingers of the hand that is holding the foil, must raise the foil until fingers reach the guard (manipulation, co-ordination).
- The fingers should stay in constant contact with the foil.

## Spirit of the Games: Excellence through Competition



Celebrate when you reach a personal best on one or more of the challenges.



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## FENCING – MINI TOURNAMENT

SCHOOL  
GAMES

### Quick introduction

A fencing tournament with three to four players on each team. Fights are one minute or the first to two hits. Many teams could be involved as each tournament lasts about 15 minutes.

### Getting started

- Number the fencers from one team one, two and three, and those from the other team four, five and six.
- Each fencer fences each member of the opposite team.
- The fight order is as follows: 1v4, 2v5 3v6, 1v5, 2v6, 3v4, 1v6, 2v4, 3v5 (as shown on the score sheet).
- A fourth fencer on each team can be a sub and fence in as and when determined by team captain or team.
- Each fight = first to two hits in a maximum of one minute.
- Modification: depending on time available, increase number of hits required and time for bout, e.g. three hits in one min 30 secs, four hits in two mins, five hits in three mins).
- Winning team is the one with most bouts won.

### Think tactics

If your team is winning going into the last bout, will it change the way the person fences?



# FENCING – MINI TOURNAMENT



## Organising the game

- Two teams of three (can be teams of three + a sub).  
This pattern can be increased depending on numbers involved and time available.
- Resources:
  - one piste (the field of play) - use a badminton court or equivalent space
  - one referee
  - one stopwatch
  - one clipboard and pen
  - one score sheet
  - two foils (ideally use buzzy foils that make a sound when you hit, or vests that beep when hit)
  - two masks (or each fencer has their own).
- Takes approximately 20 minutes. As numbers of teams double up, so the resources double up.
- Time only increases by number of rounds in tournament.
- Allow 20 minutes per round and 10 minutes between rounds for organisation.
- If no equipment is available, teams could do 'tag fencing' where fencers tap the inside of the opponents knee, or use tag rugby belts where tags are taken by lunging with either hand at an opponent.

## Think inclusively

- Some teams may need help so that certain players are evenly matched with others.
- Wheelchair fencers can fence sitting in a chair at an arm plus a foil length's distance.

## Make it easier

- Make it a one-hit competition (as in Modern Pentathlon) so the winner of each bout is the first to score on their opponent.
- Only fence matches until one team has scored five victories (i.e. won five bouts).

## Spirit of the Games: Excellence through Competition



Take care to hit only the target area.



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## FENCING – POULE UNIQUE

### Quick introduction

This involves one large group of fencers who fence for a fixed time (30-45 mins). Fencers find their own opponent, referee themselves and report scores to the scorekeeper.

### Getting started

- A 'poule' is a group of fencers who fence each other.
- A Poule Unique refers to one large grouping of fencers.
- The format is variable and allows for any length of available time and any number of fencers.
- Leader states length of time for competition and finishing time.
- Find a partner.
- Fight for three good hits (see target area on reverse of mini tournament card). Referee yourselves: double hits and off-target hits don't count.
- Report the score to the scorekeeper.
- Find another partner.
- Repeat steps from Find a partner until time is up or you have fenced everyone.

### Think tactics

Use the first 15-30 seconds to assess your opponent. Are they fast or slow? Which hand do they use?



# FENCING – POULE UNIQUE



## Organising the game

- Fencers referee themselves (self-ref), and report the score to the score-keeper who enters V for victory in the winner's box and the loser's score in the loser's box.

## Results

- Can recognise those who have won most bouts and/or who have fought most bouts (to encourage continual activity) plus other awards.
- Winner (Boys) (most bouts won), Runner-Up (Boys).
- Winner (Girls), Runner-Up (Girls).
- Most Bouts (Boys) (most bouts fought – won or lost), Most Bouts (Girls).
- Most Sporting Fencer (boys) (person who has shown good sporting behaviour, correct etiquette etc).
- Most Sporting Fencer (girls) (person who has shown good sporting behaviour, correct etiquette etc).
- Most stylish etc.
- Best technique etc.

## Capture the team

- Divide group into four even groups, AvB, CvD.
- Number off, then one plays one, two plays two, in order (one bout after the other).
- The winner of each bout 'captures' opponent who has to go to join the winner's team.
- Winning team is the one who captures all the other fencers in a team or who has most members when time is called.

## Tag team fencing

- Two teams of two fencers.
- Mark out defined playing area – only two fencers in area at once – at no time must a fencer turn his/her back on opponent.
- Teams fence for 15 hits or maximum 9 minutes.
- Team members can swap with their partner any time (who have to stay at a designated side of the playing area) by 'high five' with non-sword hand.

## Think inclusively

- Tag belts or knee fencing could be used. With tag fencing score a point by tapping the inside of the opponent's knee.
- Make an award for players who have made the most effort.
- Allow stationary fighting for players with mobility impairments.

## Spirit of the Games: Excellence through Competition



Be sure to own up when you are hit as this game is self-refereed.



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